

Gainesville Middle School Menu

Welcome back to
SCHOOL MEALS

August 2026

Students eat at no cost
Adult breakfast: \$4.00
Adult lunch: \$6.00
Extra milk is \$0.50

Assorted fat-free or low-fat milk is offered at breakfast & lunch.

The menu is limited and subject to change due to market conditions, school events, and closures.

Monday	Tuesday	Wednesday	Thursday	Friday
3 	4 Biscuit & Sausage Links Fresh Fruit 1 each Craisins 1 pack Chicken Nuggets (5) with Corn Muffin PBJ Sandwich & Cheese Stick Green Beans ½ cup Mashed Potatoes ½ cup Peaches ½ cup	5 Dutch Waffle Fruit Juice 4 oz. Spiced Apples ½ cup Beefy Nachos with Doritos PBJ Sandwich & Doritos Refried Bean Dip ½ cup Shredded Lettuce 1 cup Tomatoes ½ cup & Salsa Cup Fruit Juice Slushy 4 oz.	6 Steak Biscuit Fresh Fruit 1 each Raisins 1 pack Chicken Alfredo & Garlic Toast Turkey & Cheese Sandwich Corn ½ cup Parmesan Broccoli ½ cup Pineapple ½ cup	7 Poptart & Cheese Tater Tots 8 each Diced Pears ½ cup Pepperoni Hot Pockets & Marinara Breaded Chicken Salad Crackers Celery Sticks ½ cup Carrot Sticks ½ cup Fresh Fruit 1 each Managers Choice Dessert
10 Cinni Minis Fruit Juice 4 oz. Fresh Fruit 1 each Chicken Croissan'wich Grilled Cheese Green Beans ½ cup Romaine Salad 1 cup Tater Squares 8 each Fresh Strawberries ½ cup	11 Mini Pancakes or Waffles Fresh Fruit 1 each Peaches ½ cup Mozzarella Breadsticks PBJ Sandwich & Cheese Stick Marinara Dunk Cup Corn ½ cup Cheesy Broccoli ½ cup Diced Pears ½ cup	12 Donut Holes Fruit Juice 4 oz. Applesauce ½ cup Teriyaki Boneless Wings + Rice Munchable Fortune Cookie Carrot Sticks ½ cup Steamed Cabbage ½ cup Fruit Juice Slushy 4 oz.	13 Chicken Biscuit Fruit Juice 4 oz. Fresh Fruit 1 each Quesadilla Pizza PBJ Sandwich & Crackers Fiesta Corn ½ cup Pinto Beans ½ cup Tomatoes ½ cup & Salsa Cup Raisins 1 pack	14 Breakfast Bun Fruit Juice 4 oz. Mixed Fruit ½ cup Corndog Taco Soup & Fritos Baked Beans ½ cup Curly Fries ½ cup Veggie Dippers ½ cup Fresh Fruit 1 each & Yogurt
17 Beef Sausage & Cheese Bagel Fruit Juice 4 oz. Fresh Fruit 1 each Cheeseburger Veggie Burger Baked Beans ½ cup Tater Tots 8 each Garden Salad 1 cup Applesauce ½ cup	18 French Toast Sticks (3) Fresh Fruit 1 each Peaches ½ cup Beef Soft Tacos PBJ Sandwich & Cheese Stick Esquites "Street Corn" ½ cup Black Beans ½ cup Shredded Lettuce 1 cup Fruit Juice Slushy 4 oz.	19 Sausage Pancake Slider Fruit Juice 4 oz. Applesauce ½ cup Spaghetti & Garlic Toast Grilled Cheese Sweet Potatoes ½ cup Caesar Side Salad 1 cup Carrot Sticks ½ cup Mandarin Oranges ½ cup	20 Steak Biscuit Fresh Fruit 1 each Raisins 1 pack Chicken Nuggets (5) with Whole Grain Chips PBJ Sandwich & Chips Zesty Greens ½ cup Mashed Potatoes ½ cup Peaches ½ cup	21 Poptart & Cheese Tater Tots 8 each Diced Pears ½ cup Cheese Pizza Breaded Chicken Salad Crackers Marinara Dunk Cup Sliced Cucumbers ½ cup Carrot Sticks ½ cup Fresh Fruit 1 each
24 Muffin & Yogurt Fruit Juice 4 oz. Fresh Fruit 1 each Chicken Sandwich Grilled Cheese Steamed Squash ½ cup Fries ½ cup Romaine Salad 1 cup Applesauce ½ cup	25 Cinnamon Bun Fresh Fruit 1 each Craisins 1 pack Chicken Drumstick with Mac & Cheese PBJ Sandwich & Crackers Sweet Potatoes ½ cup Cajun Green Beans ½ cup Peaches ½ cup	26 Apple Cinnamon Texas Toast Fruit Juice 4 oz. Applesauce ½ cup Pepperoni Pizza Beef Chili & Fritos Corn ½ cup Steamed Broccoli ½ cup Carrot Sticks ½ cup Pineapple ½ cup	27 Chicken Biscuit Fruit Juice 4 oz. Fresh Fruit 1 each Beef Hot Dog Munchable Baked Beans ½ cup Curly Fries ½ cup Coleslaw ½ cup Fresh Fruit Fruit Juice Gel	28 Sausage Pancake on a Stick Fruit Juice 4 oz. Mixed Fruit ½ cup Mozzarella Breadsticks Turkey & Cheese Sandwich Marinara Dunk Cup Corn ½ cup Radish & Cucumber ½ cup Fresh Fruit 1 each & Yogurt
31 Mini Bagels Fruit Juice 4 oz. Fresh Fruit 1 each Cheeseburger Veggie Burger Baked Beans ½ cup Sweet Potato Fries 1 cup Garden Salad 1 cup Applesauce ½ cup	1 Biscuit & Sausage Links Fresh Fruit 1 each Craisins 1 pack Chicken Nuggets (5) with Corn Muffin PBJ Sandwich & Cheese Stick Green Beans ½ cup Mashed Potatoes ½ cup Peaches ½ cup	2 Dutch Waffle Fruit Juice 4 oz. Spiced Apples ½ cup Beefy Nachos with Doritos PBJ Sandwich & Doritos Refried Bean Dip ½ cup Shredded Lettuce 1 cup Tomatoes ½ cup & Salsa Cup Fruit Juice Slushy 4 oz.	3 Steak Biscuit Fresh Fruit 1 each Raisins 1 pack Chicken Alfredo & Garlic Toast Turkey & Cheese Sandwich Corn ½ cup Parmesan Broccoli ½ cup Pineapple ½ cup	4 Poptart & Cheese Tater Tots 8 each Diced Pears ½ cup Pepperoni Hot Pockets & Marinara Breaded Chicken Salad Crackers Celery Sticks ½ cup Carrot Sticks ½ cup Fresh Fruit 1 each Managers Choice Dessert

• Daily Assortment of Cereal Offered at Breakfast •

Students who select cereal may also select both fruit or juice options listed on the menu.



**HARVEST
OF THE MONTH**



WATERMELON

The following major food allergens may be used as ingredients in this facility: Milk, egg, fish, crustacean shellfish, tree nuts, peanuts, wheat, soy, and sesame. Please notify a staff member if you require additional information about specific ingredients.

If your child has a peanut allergy on PB&J days, soy butter sandwiches are available upon request. Please let your child's teacher know to request the soy butter sandwich, if desired (peanut free, but contains milk, wheat, and soy).

Watermelon

Watermelon is in the same family as cucumbers, pumpkins and squash.

Watermelon is a warm-season crop that grows on a vine.

As the name implies, watermelon is mostly water and helps us stay hydrated in summer months while also providing vitamin C, vitamin A, and lycopene. Lycopene gives watermelon its red color.



Watermelon is in season in Georgia from around June through August.

UGA's 2020 Ag Snapshot lists GA as #4 in the nation for watermelon production.

Cordele, Georgia, located in Crisp County, is known as the Watermelon Capital of the world.

Watermelons are ready to harvest 80-90 days after planting.



Georgia Department of Education School Nutrition

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